



Your Health, Their Care

Taking care of a loved one or friend with dementia or memory problems can be challenging. Over time, it can be overwhelming, and you may ignore your own health and needs. That's not good for you or the person you are caring for.

A free, online Building Better Caregivers workshop can help.

**REGISTER NOW at caregivers.selfmanage.org
Workshops will begin in January 2012.**

Using the same approach as Stanford University's widely tested Chronic Disease Self-Management Program, a **Building Better Caregivers** workshop can help you:

- ★ Find practical ways to manage your own fatigue and stress
- ★ Discover how to manage difficult care partner behaviors and feelings
- ★ Make good decisions and future plans for your loved ones and you
- ★ Learn what you need to do to improve your sleep, eat better, and stay active

Whatever you're facing, a **Building Better Caregivers** Workshop can help you build the strength you need to take better care for others – and yourself.

Online, Easy to Follow, On Your Schedule

- ★ Log on when you want to—in the morning, the afternoon, evening, whenever works for you.
- ★ Participate from any computer with an Internet connection, even a dial-up connection.
- ★ Join a group of 25 people in each workshop, with new sessions posted each week for six weeks.
- ★ Participate in group problem-solving and other guided exercises
- ★ Set your own goals and make a step-by-step action plan to help you feel better and be a better caregiver.

For Information

Contact Pam Catt-Oliason at the Idaho Commission on Aging, 208-577-2852,
pam.catt-oliason@aging.idaho.gov